

## **ABSTRACT**

The present invention includes a method for extracting protein, oil and starch from grain. The method includes: Providing kernels or seeds comprising a germ and pericarp comprising protein, oil, and starch; Steeping the kernels or seeds in a steeping reactor for a time effective to soften the kernels and seeds; Milling the steeped corn kernels to separate the germ from the starch/pericarp forming a germ stream and a starch/pericarp stream; Subjecting the germ to rapid pressurization/depressurization in order to extract oil and protein from the germ; and separating the starch from the pericarp.